

## Helping Children Live Long Healthy Lives

Have you been told your child has a high BMI? Here's the thing, the longer a child lives with a high BMI, the harder it will be to correct that high BMI and the greater the risk of that child developing chronic diseases. Correcting high BMIs during early childhood provides the best opportunity for a child to live a long healthy happy life. The Parent Toolkit for Healthy Weight Kids will provide you with most everything you need to help your child lower their high BMI and achieve a healthier weight.

### Parent Toolkit for Healthy Weight Kids



This toolkit is FREE and contains the following:

- ▶ Part 1 Video – Parent Toolkit for Healthy Weight Kids (watch this while completing the self-discovery exercise)
- ▶ Part 2 Video – Parent Toolkit for Healthy Weight Kids (watch this while completing the goals worksheet and filling in the goals chart)
- ▶ Self-Discovery Exercise to help you identify key unhealthy habits that may be contributing to your child's high BMI
- ▶ Healthy Habits Goals Worksheet to help you choose habits you want to work on with your child
- ▶ Healthy Diet for Preschoolers Plus Serving Size Recommendations
- ▶ Actions Parents Can Take to Support Their Child's Health Habits
- ▶ Healthy Weight Kids Goals Chart to help you and your child track success with adopting new healthy habits
- ▶ Healthy Habit Tips – Companion Guide to Parent's Toolkit

Parents can access the FREE Parent Toolkit for Healthy Weight Kids at:  
<https://www.positivepatterns4life.com/services/programs>

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## Promoting Healthy Weight Children

Name \_\_\_\_\_ Date \_\_\_\_\_

MEASUREMENTS	RISK LEVEL
Height _____	<input type="checkbox"/> Low (BMI less than 85 <sup>th</sup> %)
Weight _____	<input type="checkbox"/> Moderate (BMI 85 <sup>th</sup> % to 94 <sup>th</sup> %)
BMI % _____	<input type="checkbox"/> High (BMI greater than 94 <sup>th</sup> %)

**RISK LEVEL** – level of risk for developing develop serious health conditions during childhood like diabetes, enlarged heart, high cholesterol, high blood pressure, decreased lung function, sleep apnea, asthma, liver damage, gallbladder disease, GERD, suppressed immune function, joint damage, and depression.

### Healthy Habits Promote Healthy Weight Preschoolers

- 1 Provide sugar-free beverages (water, milk).
- 2 Limit fruit juice to 4 ounces per day.
- 3 Offer 3 servings of dairy per day.
- 4 Provide at least 5 servings fruits and vegetables a day.
- 5 Make snacks small, healthy, and sugar-free.
- 6 Encourage least 1 hour of physical activity a day.
- 7 Limit screen time\* to 1 hour or less a day.

\* Screen time includes TV, video games, and computer.

Serving sizes for preschool age children:

- 1-Milk or yogurt is 6 ounces
- 2-Fruits or vegetables is ¼ cup

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